

Fig. 1

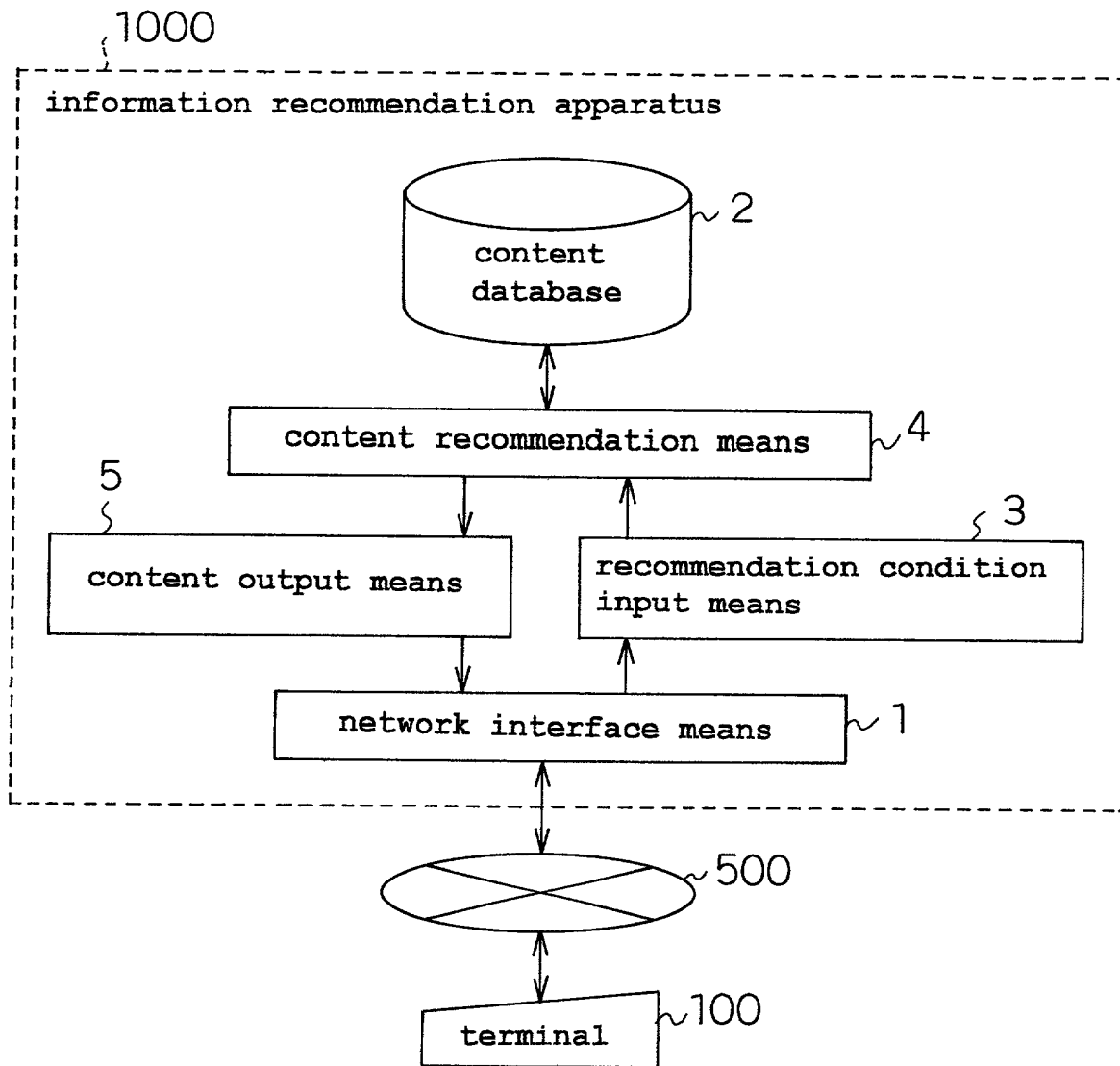


Fig. 2

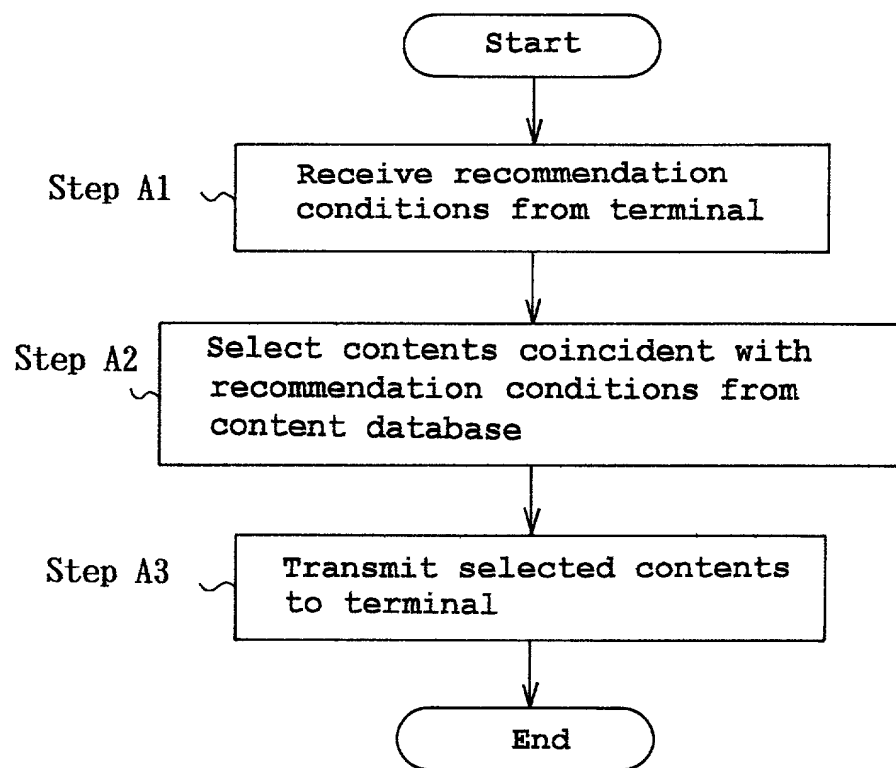


Fig. 3

Data ID	03421	
Recipe name	Hamburger	
Cooking method	Sprinkle salt and pepper on minced meat, break an egg onto the meat, and mix them well ...	
Ingredients	Minced meat	300g
	Onion	1 piece
	:	:
Cooking time	30 minutes	
Calories	630kcal	
Impression	Grade of easiness	4
	Grade of lightness	2
	:	



Fig. 5

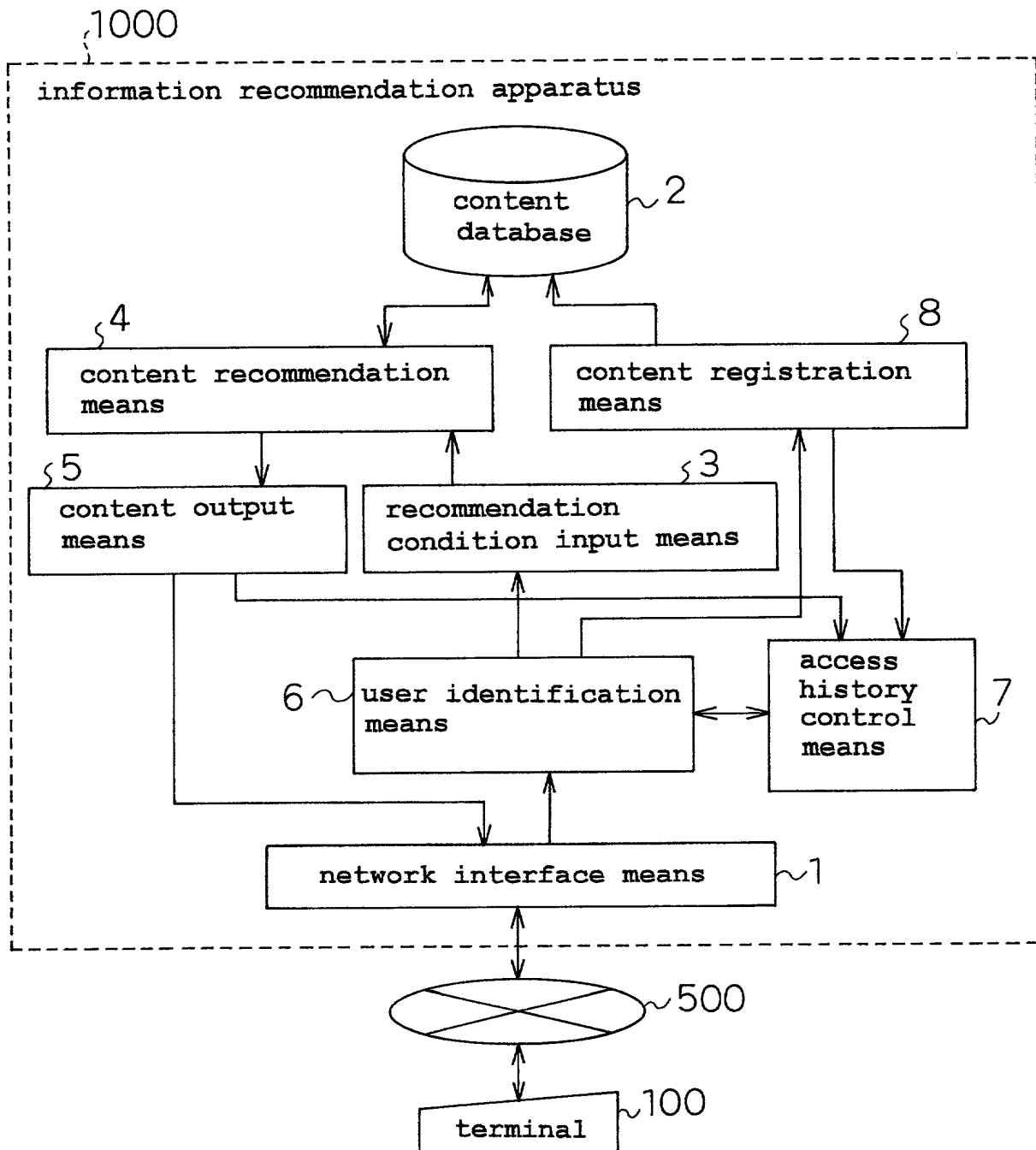


Fig. 6

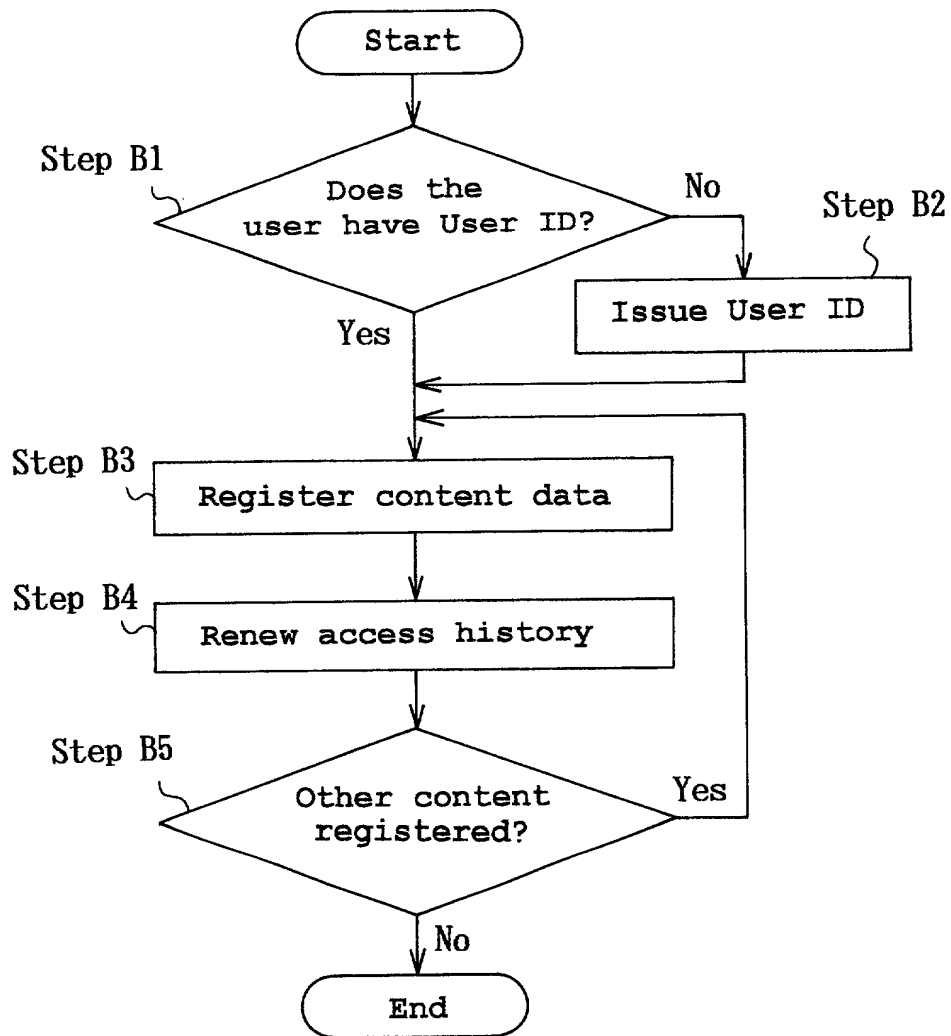




Fig. 8

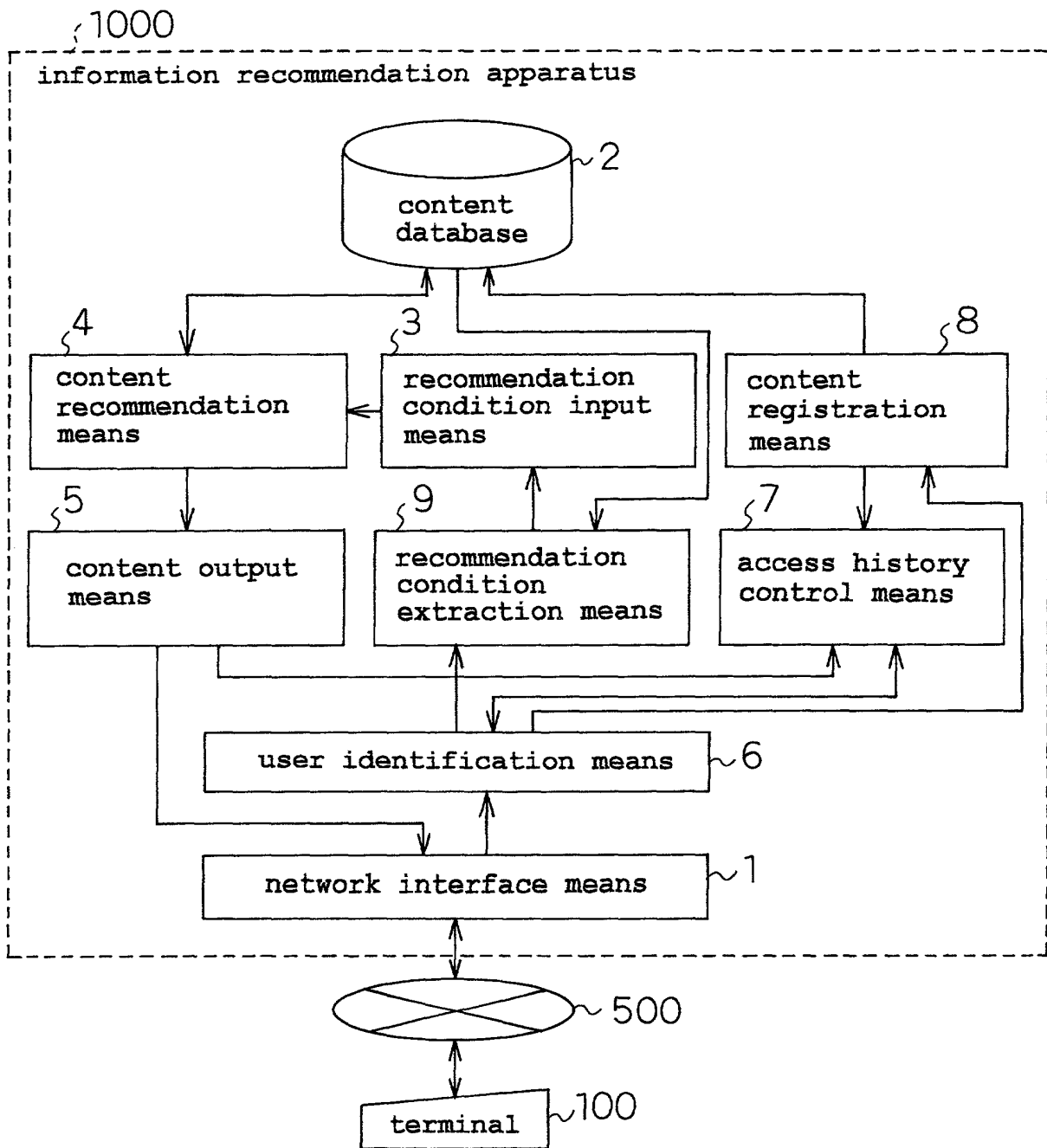


Fig. 9

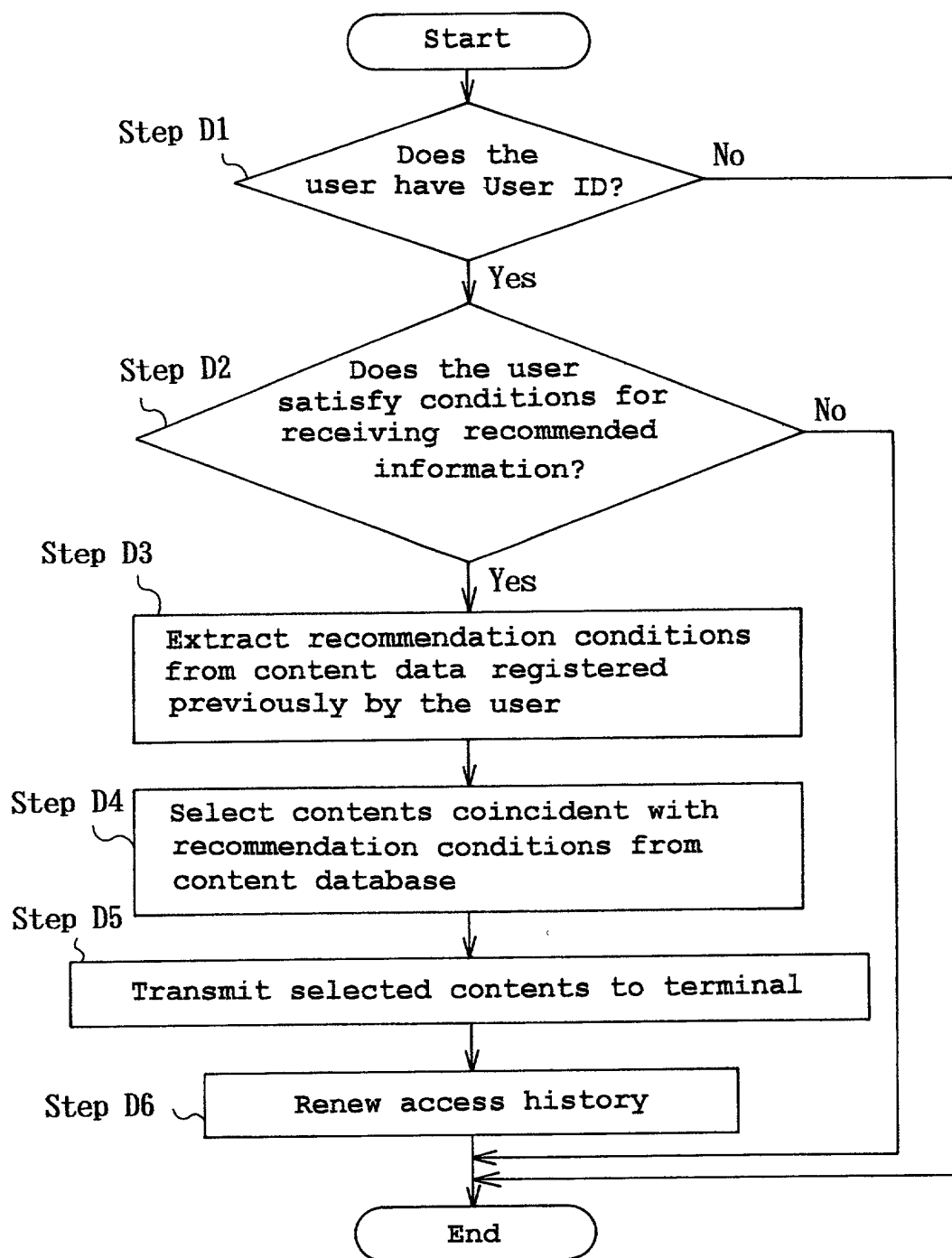


Fig. 10

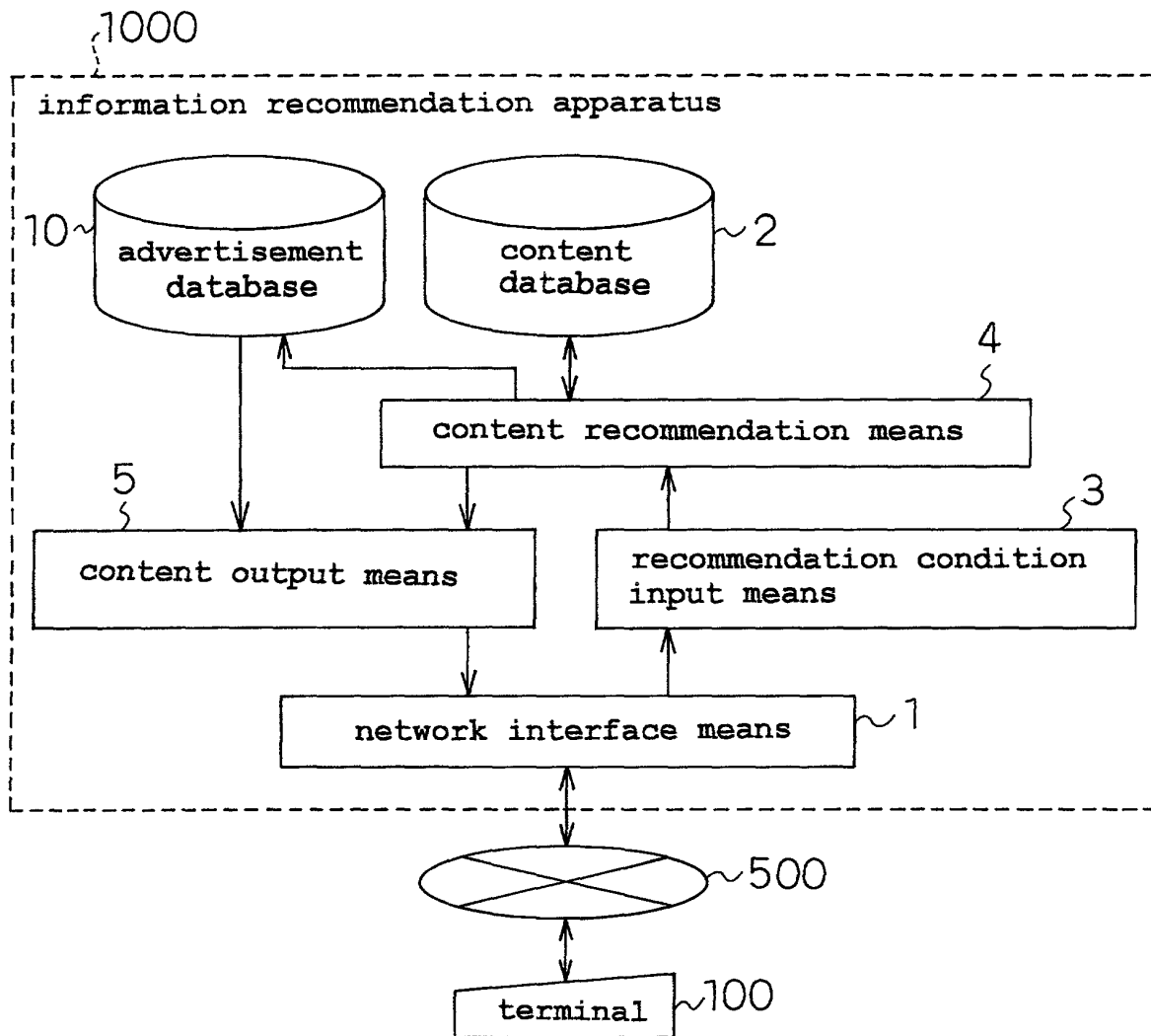
Ingredient	Frequency
Pork	0.1942812
Onion	0.1371636
Cabbage	0.1298416
Carrot	0.1277738
Minced meat	0.112801
Egg	0.111665
Tofu	0.1035538
⋮	⋮

Cooking time	Frequency
20 to 30 minutes	0.143142
10 to 20 minutes	0.130231
30 to 40 minutes	0.120875
40 to 50 minutes	0.31496
0 to 10 minutes	0.20286
⋮	⋮

Calories	Frequency
500 to 600kcal	0.133679
400 to 500kcal	0.127821
200 to 300kcal	0.111312
⋮	⋮



Fig. 12







	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
0	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99

<http://www.osusume-recipe.com>

These are recipes recommended to you!

1. Minced meat rolled in cabbage leaves

Cooking time: 60 minutes, 430 kcal  
Ingredients: cabbage, carrot, ...  
Cooking method:

1. Chop cabbage coarsely ...  
... ..  
... ..


2. Stir-fried cabbage

Cooking time: 10 minutes, 640 kcal  
Ingredients: cabbage, pork, ...  
Cooking method:

1. Chop cabbage finely ...  
... ..  
... ..

Photo

Photo




Photo

Photo

Cooking method:

• • •    • • •    • • •    • • •    • • •    • • •    • • •    • • •  
• • •    • • •    • • •    • • •    • • •    • • •    • • •    • • •



Photo

## Photo

Cooking method:

[illegible]

[illegible]

<http://www.osusume-recipe.com>

These are recipes recommended to you!

1. Minced meat rolled in cabbage leaves

1. Minced meat rolled in cabbage leaves

Cooking time: 60 minutes, 430 kcal

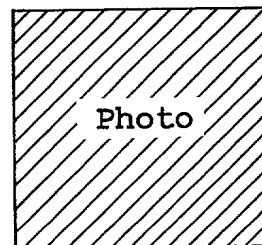
Ingredients: cabbage, carrot, ...

Cooking method:

1. Chop cabbage coarsely ...

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## 2. Stir-fried cabbage

Cooking time: 10 minutes, 640 kcal

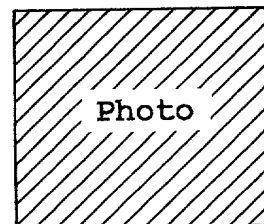
Ingredients: cabbage, pork, ...

Cooking method:

1. Chop cabbage finely ...

• • • • •

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☆☆ When it comes to vegetables, come and see

"Yaosuke." !! ☆★

Bargain sale on all days. Yaosuke is definitely on the side of homemakers!

At front entrance to Manrin shopping center, closed every Wednesday

Fig. 17

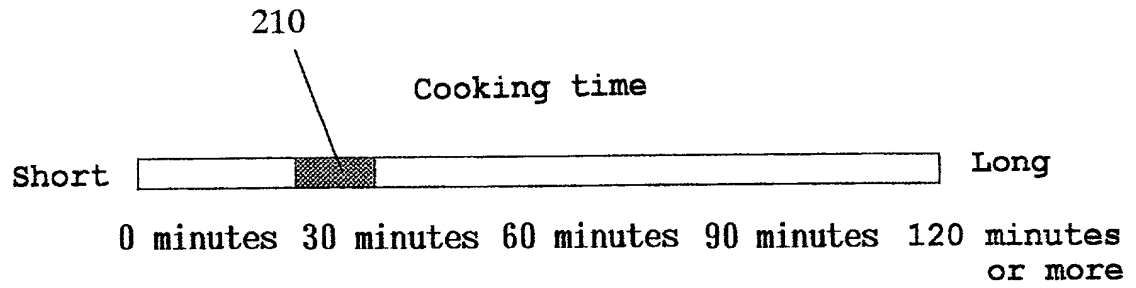


Fig. 18

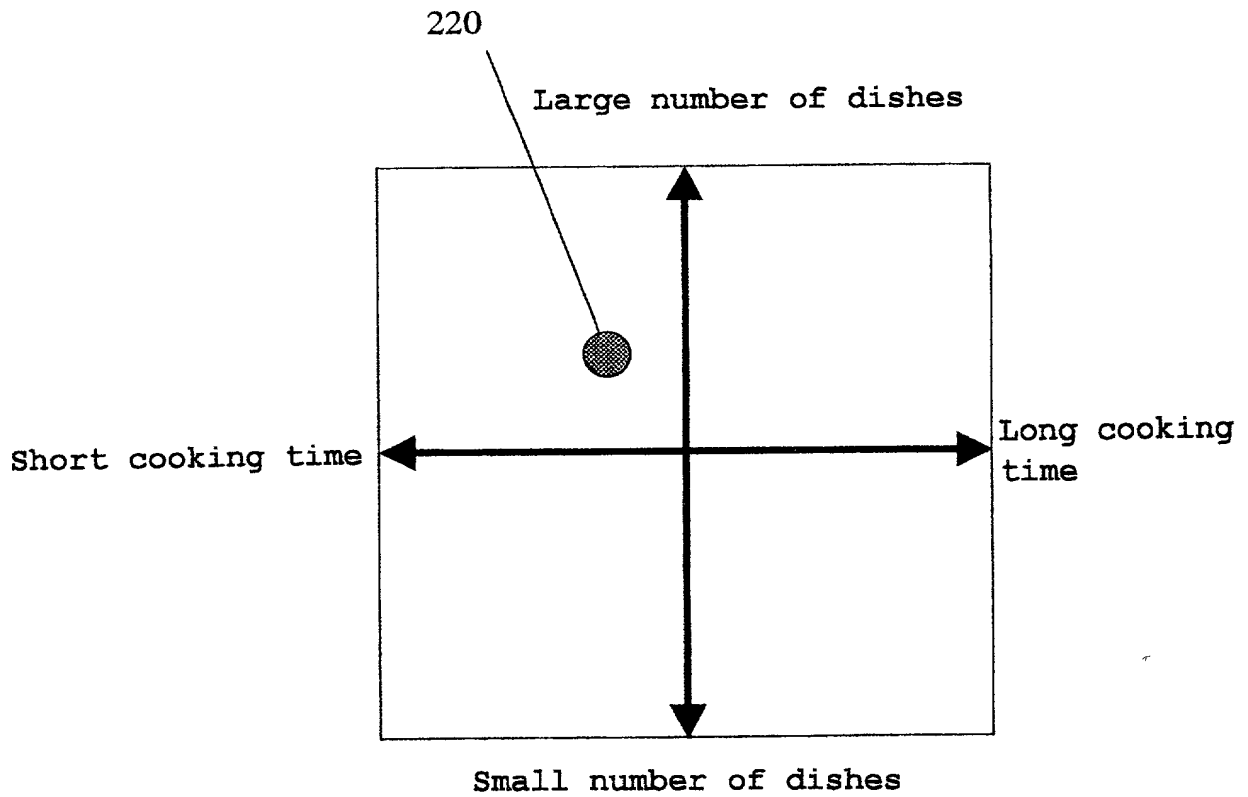


Fig. 19

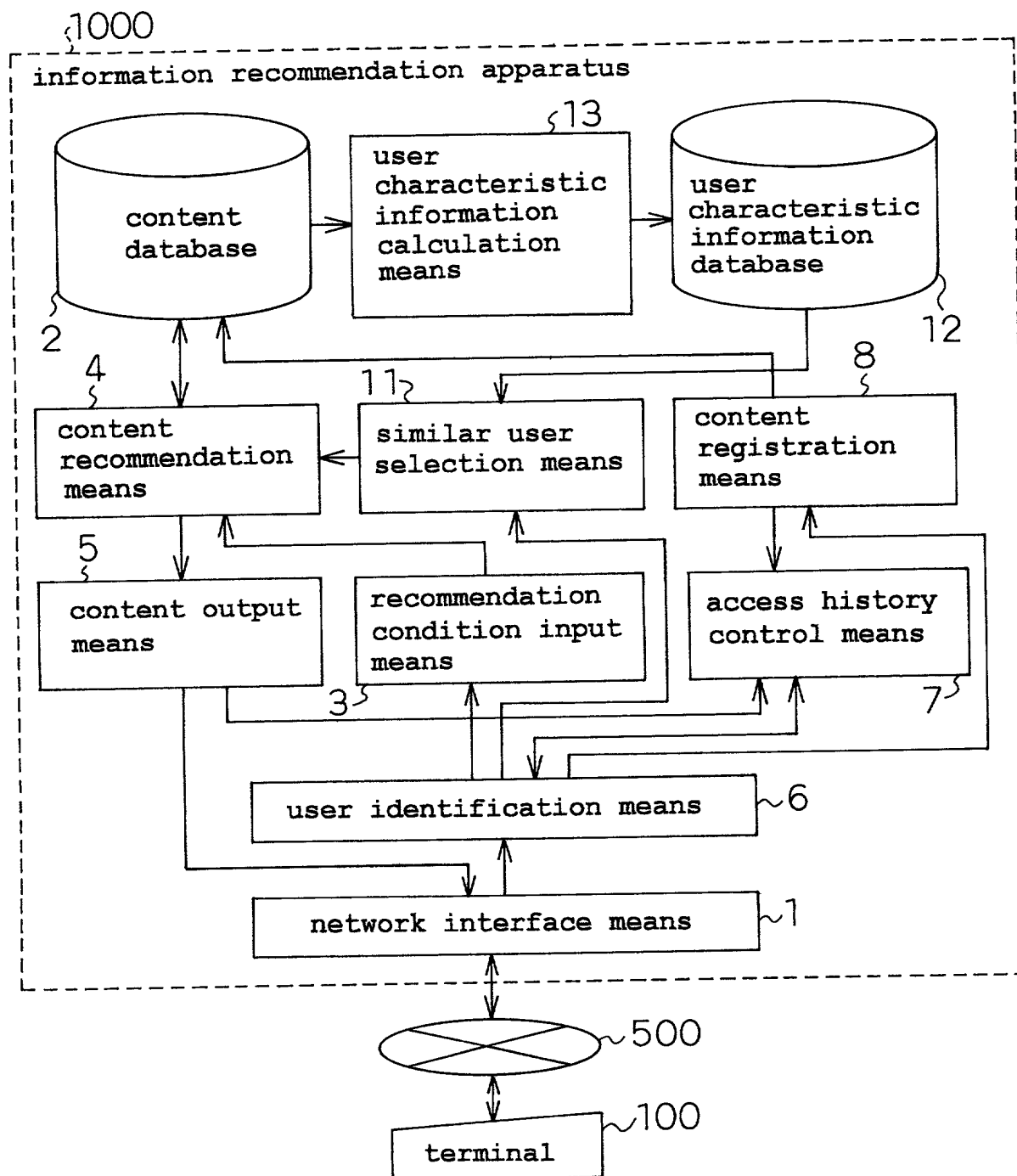






Fig. 22

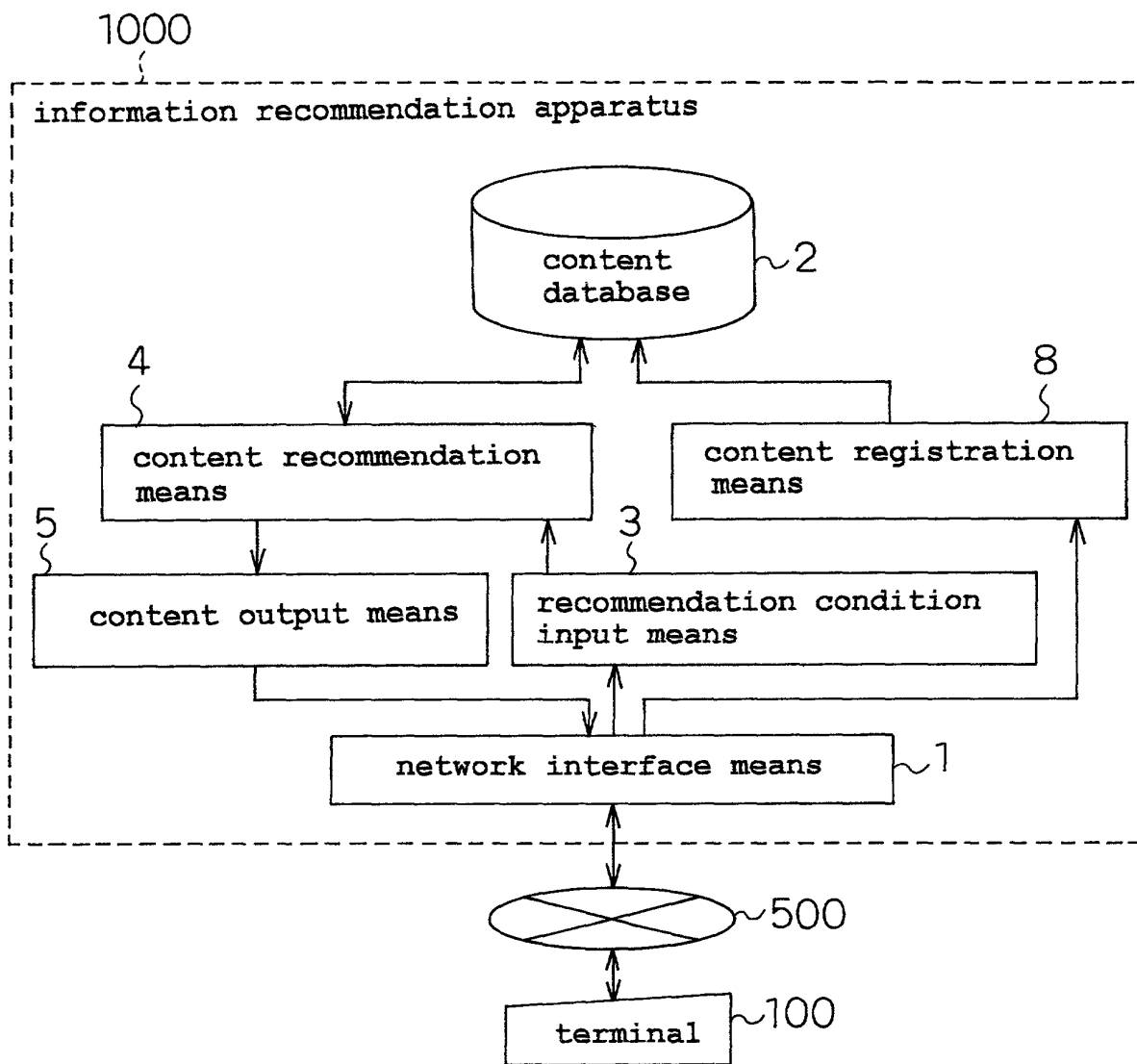
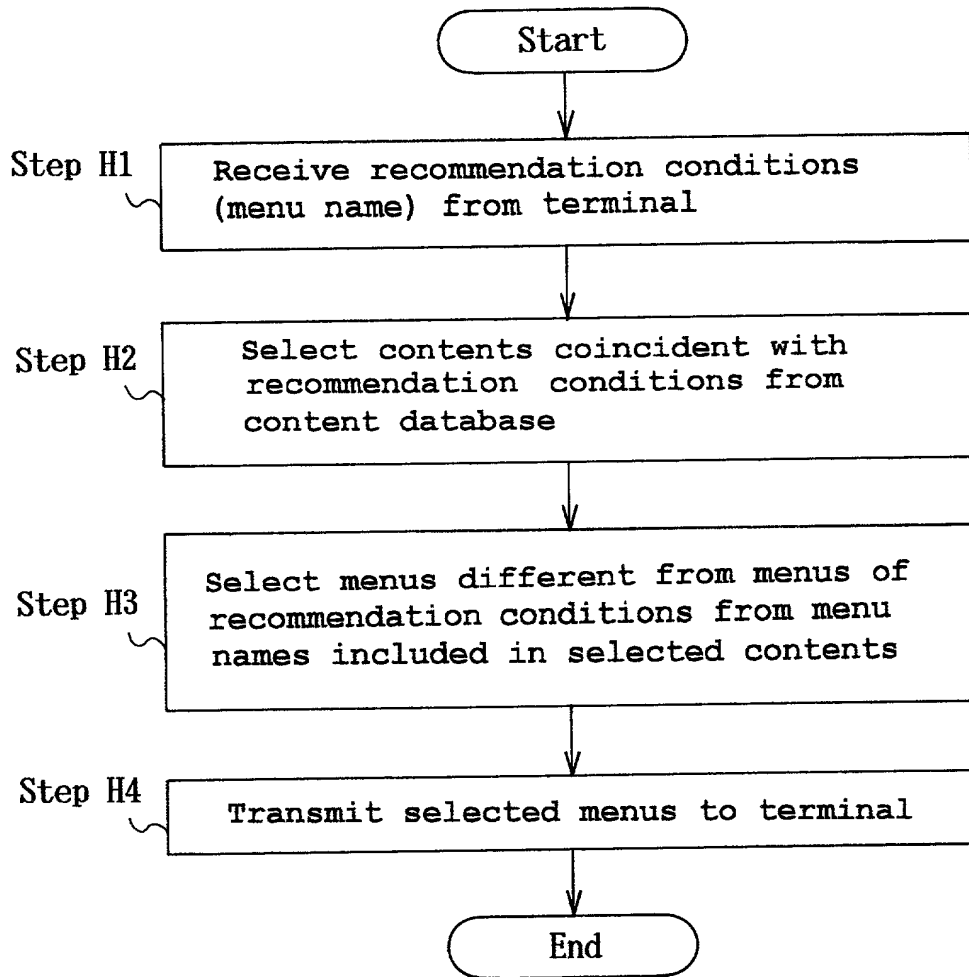




Fig. 24

Data ID	03421	
Recipe name	Hamburger	
Cooking method	Sprinkle salt and pepper on minced meat, break an egg onto the meat, and mix them well ...	
Ingredients	Minced meat	300g
	Onion	1 piece
	:	:
Recipe name	Potato salad	
Cooking method	Boil potato, ...	
Ingredients	Potato	2 pieces (middle size)
	Carrot	1 piece
	:	:

Fig. 25



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Fig. 26

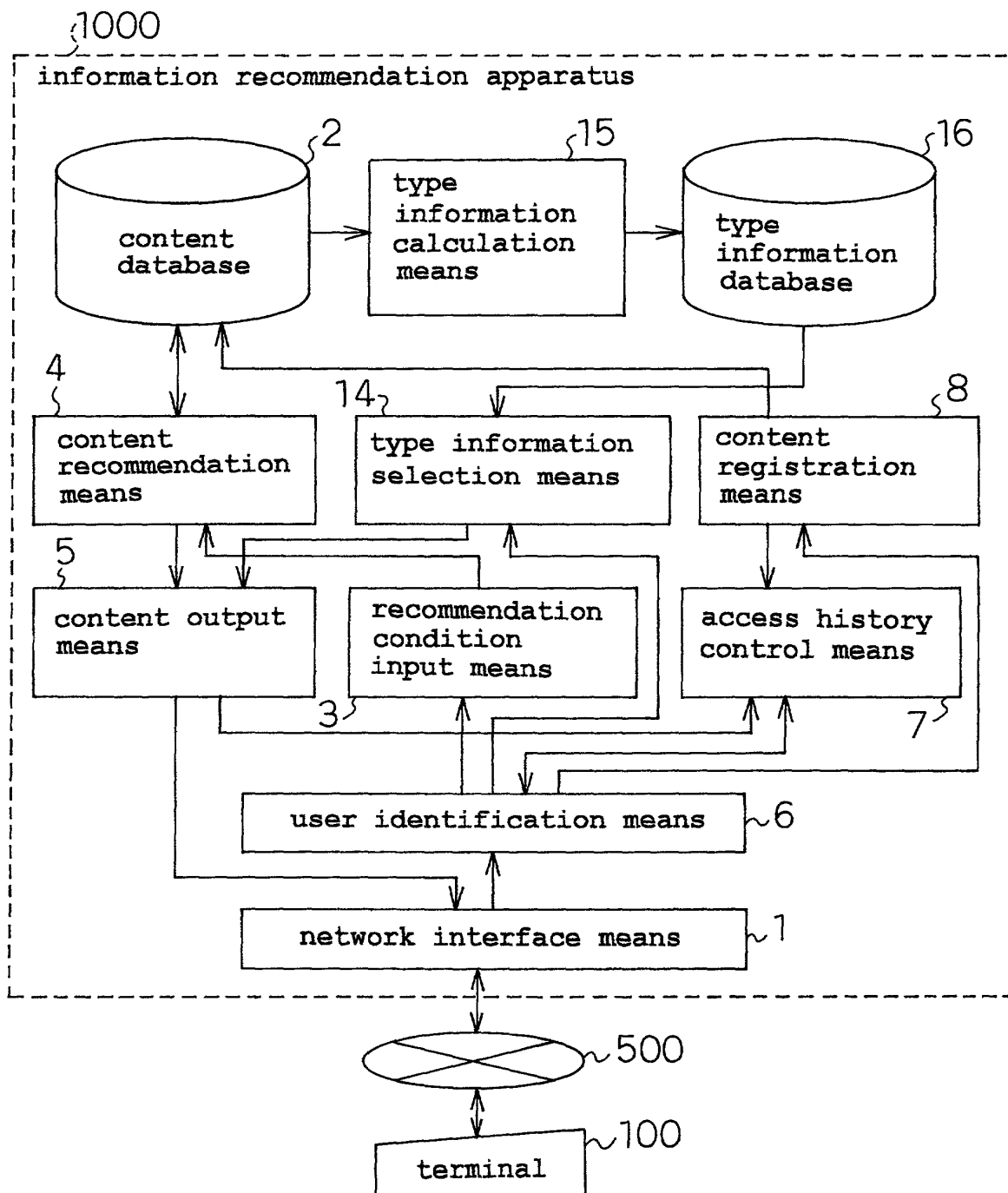
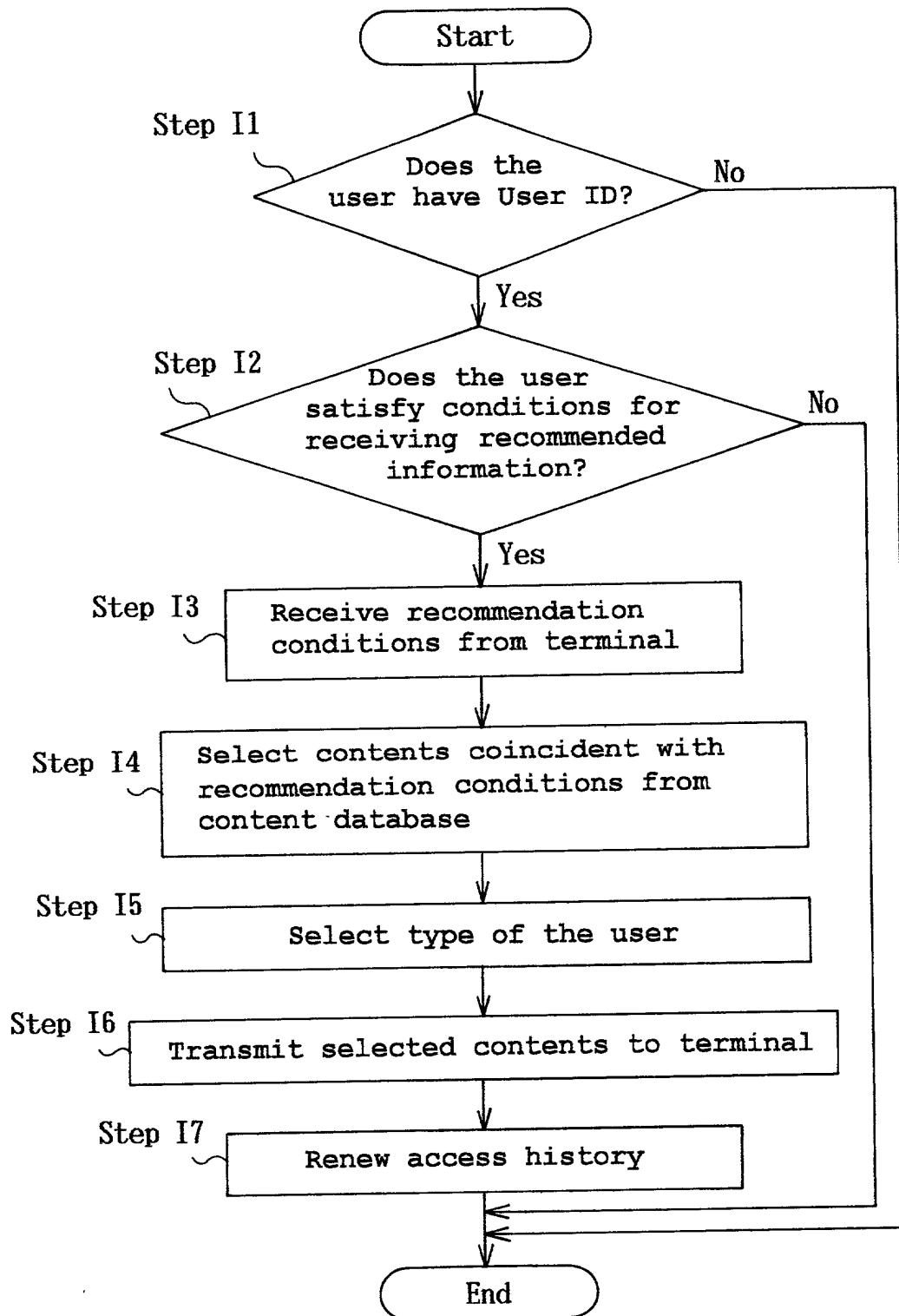




Fig. 28



<http://www.osusume-recipe.com>

These are recipes recommended to you,  
"company employee living in the Kansai area."

### 1. Minced meat rolled in cabbage leaves

Cooking time: 60 minutes, 430 kcal

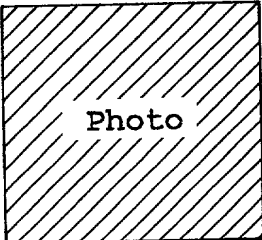
Ingredients: cabbage, carrot, ...

**Cooking method:**

1. Chop cabbage coarsely ...

• • • • •

.....



## 2. Stir-fried cabbage

Cooking time: 10 minutes, 640 kcal

Ingredients: cabbage, pork, ...

**Cooking method:**

1. Chop cabbage finely ...

**A**

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